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November 2023

A Month of Awareness for Diabetes and Alzheimer's Disease

November is a fantastic month, filled with falling leaves and Thanksgiving feasts. But did you know it's also a significant month for health awareness? It's the month we spotlight two important health topics: American Diabetes Month and National Alzheimer's Disease Awareness Month. Let's take a closer look at both!

**Understanding Diabetes:** Diabetes is when the sugar level in a person's blood is higher than normal. Imagine our bodies like cars. Cars need gas, and our bodies need sugar (glucose) for energy. But too much sugar in the blood is not good, and that's where diabetes comes into play.

**Why Focus on Diabetes?**

**Prevention:** Learning about diabetes helps us make better food and exercise choices to prevent it. **Management:** Knowing more about diabetes helps people manage it better so they can live healthy lives. **Support:** Understanding diabetes allows us to support friends and family with the condition.

**Exploring Alzheimer's Disease.** Alzheimer's disease affects the brain, making it hard for people to remember things, think clearly, and care for themselves. It usually affects older people, but learning about it now helps us support affected family members.



## ALZHEIMER Diabetes Cerebral??



### Why Focus on Alzheimer's Disease?

**Compassion:** Learning about Alzheimer's helps us be kinder and more understanding to those affected.

**Planning:** Knowing about Alzheimer's can help families make plans for the care of their loved ones.

**Encouragement:** Understanding Alzheimer's helps encourage research and the search for a cure.

### How Can We Make a Difference in November?

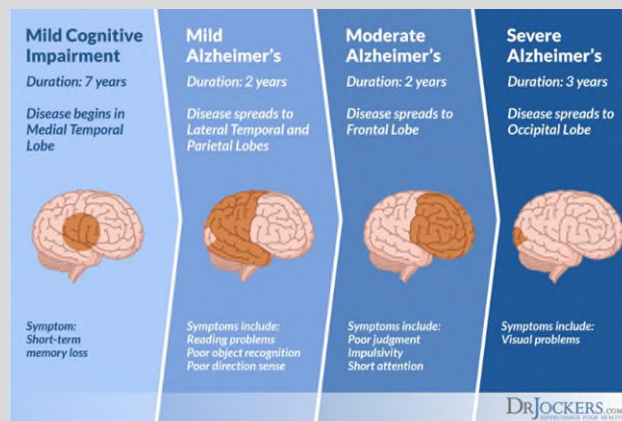
1. **Learn and Share:** Knowledge is power! The more we learn and share about diabetes and Alzheimer's, the more awareness we raise.
2. **Healthy Habits:** Let's use this month to adopt healthy habits. Eating nutritious foods and staying active are significant steps to prevent diabetes.
3. **Connect:** If you know someone with diabetes or Alzheimer's, spend time with them. A simple conversation or a walk in the park can make a big difference.
4. **Participate:** Look for walks, fundraisers, or online events focusing on diabetes and Alzheimer's.

Participating is a fun way to support the cause.

### A Message to Parents

Parents, make health a family affair! Use this month to talk to your kids about your family health history and the importance of a healthy lifestyle. *Making good choices today can lead to a healthier tomorrow!*

November allows us to shine a light on diabetes and Alzheimer's disease. Awareness is the first step towards prevention, better care, and finding cures. So, let's learn, share, and support each other for a healthier community and a hopeful future! In other articles, I've shared that diabetes and Alzheimer's have impacted my family. My dad had both conditions and didn't take good care of himself when he was young. I'm trying not to make the same mistakes with my health. Maintaining a healthy weight is essential, and continuing to keep up with preventive testing is also important. Talk with your primary care provider about getting and staying healthy.



### Article provided by:

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## Healthy Recipe

<https://www.eatingwell.com/recipe/268739/berry-chia-pudding/>

Brain Health and Diabetic healthy Recipes  
Healthy Recipe

By: Carolyn Malcoun, EatingWell

### Berry Chia Pudding

Makes: 2 Servings

Prep: 5 minutes, 8 hours additional time

Ingredients:

- 1 ¾ cups blackberries, raspberries and/or diced mango (fresh or frozen), divided
- 1 cup unsweetened almond milk or milk of choice
- ¼ cup chia seeds
- 1 tbsp. pure maple syrup
- ¾ tsp vanilla extract
- ½ cup whole-milk plain Greek yogurt
- ¼ cup granola



Directions:

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well.
2. Puree 1 ¼ cups fruit and milk in a blender or food processor until smooth.
3. Scrape into a medium bowl; mix in chia, syrup and vanilla.
4. Cover and refrigerate for at least 8 hours and up to 3 days.
5. Divide the pudding between 2 bowls, layering each serving with ¼ cup of the remaining fruit, ¼ cup yogurt and 2 tablespoons granola.

Tips: To make ahead: Refrigerate pudding for up to 3 days

**Nutrition: 1 1/3 cups Serving Size**

**CALORIES: 343KCAL | CARBOHYDRATES: 39G | PROTEIN: 14G | FAT: 15 G | CHOLESTEROL 8MG | VITAMIN A 479 IU | VITAMIN C 27MG | SATURATED FAT: 3G | FOLATE: 59MCG | FIBER: 15G | SUGAR: 18G | SODIUM 125 MG | CALCIUM: 513MG | IRON 4MG | MAGNESIUM: 140MG | POTASSIUM: 573MG**

Source: EatingWell, Updated on September 19<sup>th</sup> 2023, by: Carolyn Malcoun

Tested by: EatingWell Test Kitchen

<https://www.eatingwell.com/recipe/270549/salmon-stuffed-avocados/>




QPIC Corner

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